

# FACULTY OF HEALTH AND SPORT SCIENCES



*THE VOICE OF FHSS*

**VOLUME 2, ISSUE 4  
(DECEMBER 2019)**

The Voice of FHSS is a quarterly newsletter by MAHSA Faculty of Health and Sport Sciences. There are three departments under the faculty: Physiotherapy, Environmental Health and Medical Imaging. This newsletter highlights the faculty events, staff and students' professional development as well as student activities.

PHYSIOTHERAPY

ENVIRONMENTAL HEALTH

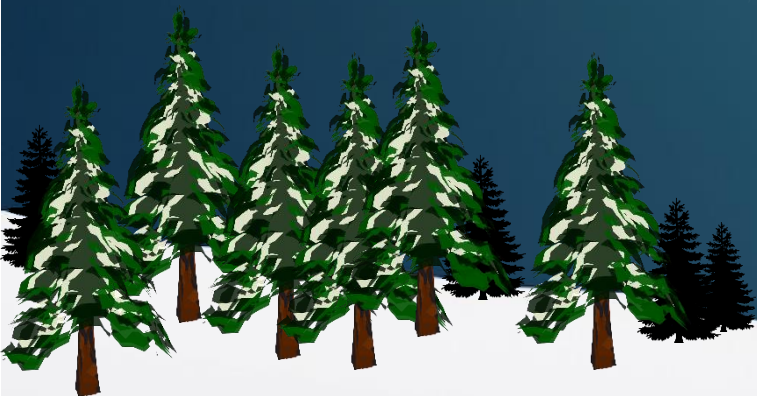
MEDICAL IMAGING



wishing everyone a

*Merry  
Christmas*

and a happy new year



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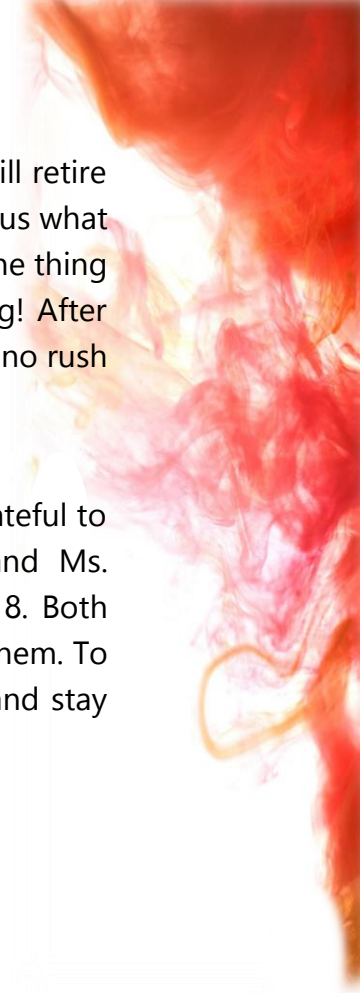
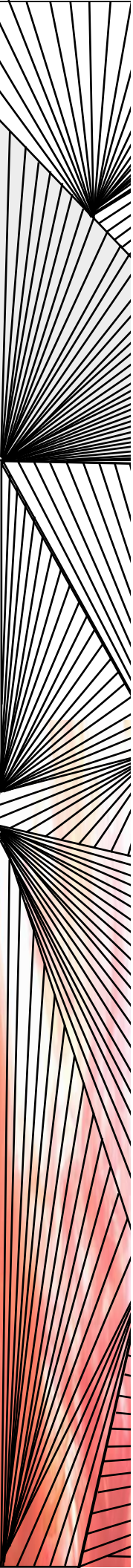


# DEAN'S MESSAGE



The year 2019 passed quickly everyone is looking forward to the New Year. After the holiday seasons and celebrations, we thought of New Year's resolutions, reflecting on what we have and have not achieved. The New Year resolutions we set are not only for our personal development but also organizational development. I am sure all the staff are prepared for more challenges in 2020. Challenges are driving forces for us to move on.

For some of you may remember the *Wawasan 2020* (Vision 2020), introduced by our Prime Minister, Tun Dr. Mahathir Mohamad in 1991. The vision calls for Malaysia to achieve an industrialised nation by year 2020 and one of the aspects is to have a world class education besides economic prosperity, social well-being and political stability. There are many challenges for the achievement of the vision 2020. Two challenges which concern us most as educators are the establishing a moral and ethical society and a fully caring society. In health-related education, the curriculum includes the development of moral, ethical values and caring attitude. The students are individuals from different background and upbringing. Morality development is through a lifetime, influenced by individual's experiences. Students will not gain the understanding of morality and ethics through few hours of lecture, the development of morality and ethical values has to be nurture into conscience and sense of virtue of the individual. In whatever years of their study we have to provide the opportunities and experiences for students to nurture into professionals who have moral, ethical values and caring attitude.



This is going to be the last message I am writing as a Dean of FOHS. I will retire this March after working 14 years. Many friends and colleagues are curious what I will be doing after my retirement. I have not given much thought but one thing for sure - I do not need an alarm clock to wake me up in the morning! After working 40 years I have the luxurious to wake up as when I wish, there is no rush to go to work and no concern about traffic jam.

We finally manage to produce 5 issues of the faculty newsletter. I am grateful to Mr. Renjith Chandrasekharan Nair, Ms. Samihah Zura binti Mohd and Ms. Umysarah binti Zulkipli who had initiated the faculty newsletter in 2018. Both Renjith and Samihah had resigned but I want to record my gratitude to them. To all the faculty staff, wishing you the best in all your future endeavour and stay healthy.

# EDITORIAL BOARD



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# MAHSA 17<sup>TH</sup> CONVOCATION



On 16<sup>th</sup> and 17<sup>th</sup> November 2019, MAHSA University 17<sup>th</sup> convocation ceremony was held at its Ballroom in Bandar Saujana Putra Campus. It was the day came for a total of 259 students from the Faculty of Health and Sport Sciences graduated from MAHSA University.

Among them, 81 were from Bachelor of Physiotherapy (Hons), 20 from Bachelor of Medical Imaging (Hons) and 39 from Bachelor of Environmental Health and Safety (Hons). While for the diploma programme, 61 were from Diploma in Physiotherapy, 28 from Diploma in Medical Imaging and 30 from Diploma in Environmental Health and Safety programme.

On top of that, several students from the Faculty of Health and Sport Sciences also awarded with the Vice-Chancellor's Prize. These students not only excel in the academics but also in the co-curriculum aspects. These students are:

- 1) Daniel Cheng Ka Pol, Bachelor of Environmental Health and Safety (Hons)
- 2) Chak Vun Yi, Bachelor of Medical Imaging (Hons)
- 3) Nurul Maisarah binti Mohd Tamzi, Diploma in Medical Imaging
- 4) Tok Chia How, Diploma in Physiotherapy





# FACULTY EVENT

## **Memorandum of Agreement Between Faculty of Health and Sport Sciences MAHSA University and Faculty of Public Health Sriwijaya University, Indonesia for Academic Collaboration**

8<sup>th</sup> November

Great news for MAHSA University and FHSS! Our faculty has formally established academic collaboration with the Public Health faculty of Sriwijaya University (UNSRI) in Palembang Indonesia. This faculty to faculty agreement for academic collaborate particularly in the field of Environmental health.

This is indeed a milestone unlocked for MAHSA University, as we are the first private Malaysian university to partner with an Indonesian public university, in the field of Environmental Health.

The Memorandum of Agreement (MoA) was signed between Faculties, with FHSS MAHSA University represented by our Deputy Dean Assoc. Prof. Dr. Veronica Chua and FPH UNSRI represented by its Dean Mr. Iwan Stia Budi. The signing took place on 8<sup>th</sup> November 2019 at Sriwijaya University Palembang and was witnessed by the Rector of UNSRI, Prof. Dr. Ir. H. Anis Saggaf MSCE, Head of International Collaborations and r, Dr. and staff members of UNSRI and MAHSA University.

Prof. Dr. Ir. H. Anis Saggaf, in his speech, welcomed the partnership with MAHSA University. He recognized the significance of international collaboration between Universities, especially in the globalized society we live in. This exposure as well would better prepare the students for work in the ever-demanding work environment of today. This collaboration would also benefit our students and academicians through familiarization of each other's academic culture, environment and practices.

MAHSA University, Faculty of Health and Sport Sciences stands proud to work together with the Faculty of Public Health Sriwijaya University! This collaboration would definitely bring closer cooperation in many other areas between the Universities, in the coming future.

The scope of collaboration includes student exchanges on an annual basis. Students of Sriwijaya University will be sponsored by the Ministry of Education, Indonesia to attend programs at MAHSA University. The first batch of students arrived on 9<sup>th</sup> December 2019. In return, MAHSA students will have the opportunity to attend similar programmes at Sriwijaya University.



This collaboration is a testament of the quality of our Environmental Health Department, such that international public universities are eager to send their students here to learn from our experienced academicians and experience the innovative learning that the faculty has developed.

There are plans for many other collaboration initiatives in the near future, which we hope to share with everyone in future newsletters. It is indeed exciting times ahead!

We are certain that MAHSA students will benefit greatly from this added collaboration.





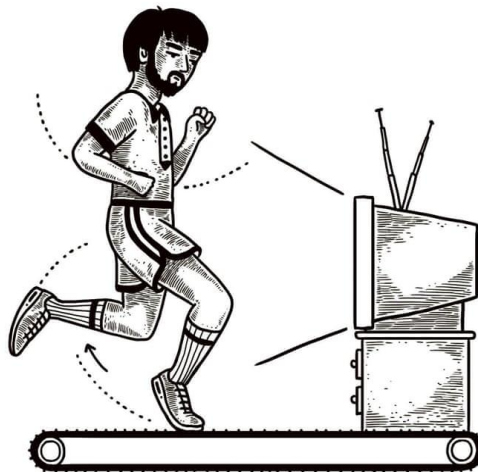
# NEWS ARTICLE

## Fitness in Everyday Life

*by Mr. Suvinlal Stalin, Department of Physiotherapy*

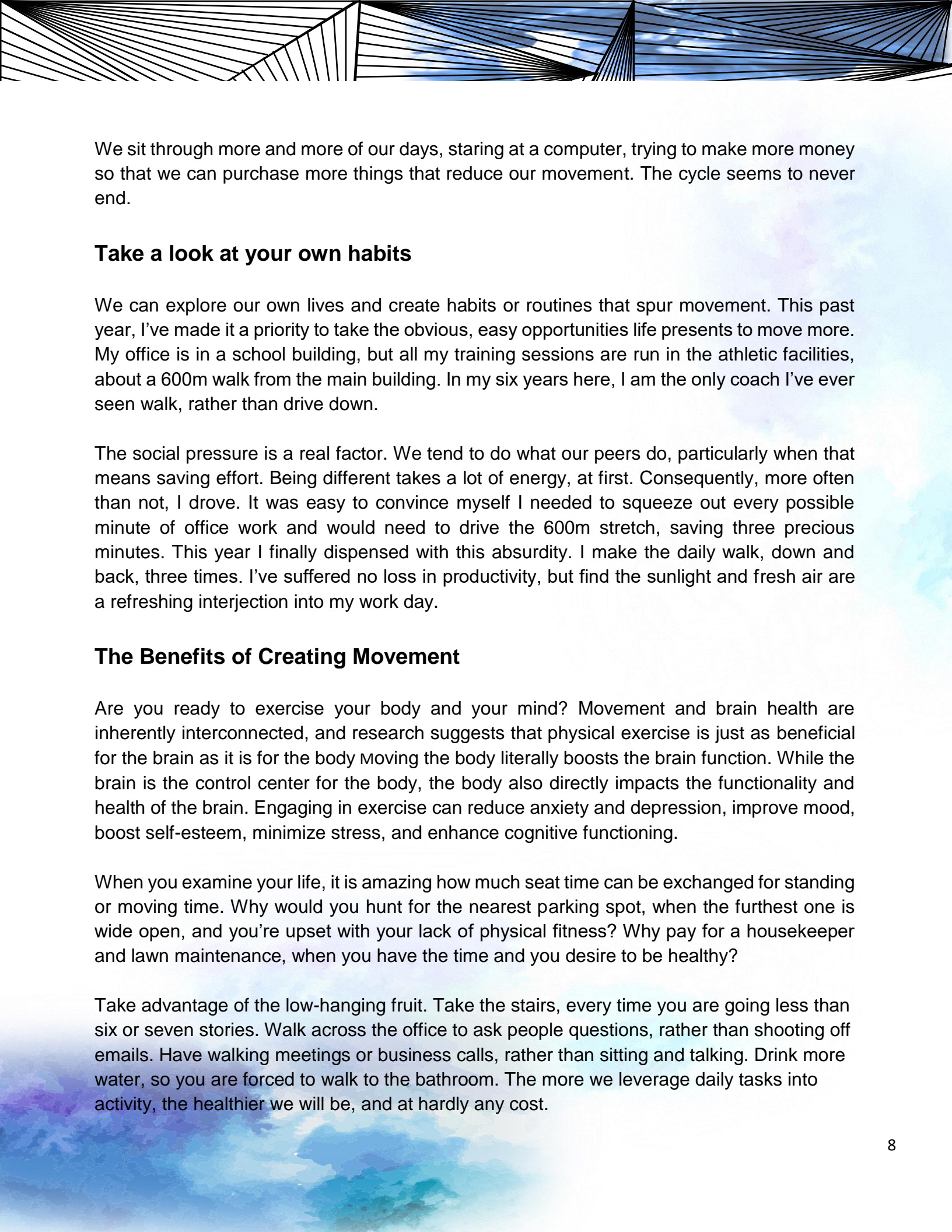
***"Humans have dragged a body with a long hominid history into an overfed, malnourished, sedentary, sunlight-deficient, sleep-deprived, ... and socially-isolating environment with dire consequences." – Sebastian Junger***

Fossil records indicate that humans have walked the earth for about 200,000 years, but we've only recently developed the need to work out. Even 10,000 years ago, as agriculture made specialization and large cities possible, people rarely, if ever, sought out structured exercise regimens. Until the advent of the luxuries that typify our modern existence, simply living life made humans throughout history healthier and more capable than we are today.



Our standard model of modern living actively eliminates the need for physical exertion, while interjecting cues that prey upon our impulses. Our world is one in which we are perpetually seated, trudging from one chair to the next, while slowly eliminating opportunities for movement. Drive-through allow quick, seated access to food. Lawnmowers are self-propelled, if not seated. Home automation precludes the need to get up and write down a grocery list, let alone prepare a meal. Voice-activated entertainment devices have eliminated the need to even roll to the other end of the couch to retrieve the remote.





We sit through more and more of our days, staring at a computer, trying to make more money so that we can purchase more things that reduce our movement. The cycle seems to never end.

## **Take a look at your own habits**

We can explore our own lives and create habits or routines that spur movement. This past year, I've made it a priority to take the obvious, easy opportunities life presents to move more. My office is in a school building, but all my training sessions are run in the athletic facilities, about a 600m walk from the main building. In my six years here, I am the only coach I've ever seen walk, rather than drive down.

The social pressure is a real factor. We tend to do what our peers do, particularly when that means saving effort. Being different takes a lot of energy, at first. Consequently, more often than not, I drove. It was easy to convince myself I needed to squeeze out every possible minute of office work and would need to drive the 600m stretch, saving three precious minutes. This year I finally dispensed with this absurdity. I make the daily walk, down and back, three times. I've suffered no loss in productivity, but find the sunlight and fresh air are a refreshing interjection into my work day.

## **The Benefits of Creating Movement**

Are you ready to exercise your body and your mind? Movement and brain health are inherently interconnected, and research suggests that physical exercise is just as beneficial for the brain as it is for the body. Moving the body literally boosts the brain function. While the brain is the control center for the body, the body also directly impacts the functionality and health of the brain. Engaging in exercise can reduce anxiety and depression, improve mood, boost self-esteem, minimize stress, and enhance cognitive functioning.

When you examine your life, it is amazing how much seat time can be exchanged for standing or moving time. Why would you hunt for the nearest parking spot, when the furthest one is wide open, and you're upset with your lack of physical fitness? Why pay for a housekeeper and lawn maintenance, when you have the time and you desire to be healthy?

Take advantage of the low-hanging fruit. Take the stairs, every time you are going less than six or seven stories. Walk across the office to ask people questions, rather than shooting off emails. Have walking meetings or business calls, rather than sitting and talking. Drink more water, so you are forced to walk to the bathroom. The more we leverage daily tasks into activity, the healthier we will be, and at hardly any cost.





## Take every opportunity to move

**“It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable”- Socrates**

***The world’s longest-lived people don’t pump iron, run marathons or join gyms.*** Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don’t have mechanical conveniences for house and yard work. Perhaps there is a life lesson here that transcends just the physical. Why do we consider washing dishes such an inconvenience? Why are we always rushing from place to place, convinced that one of the perks of adulthood is that quick, air-conditioned car ride to work? Your commute may not allow you to bike to work, but there is ample opportunity to work more movement into accomplishing the tasks of daily life.

Let’s choose not to rush from seat to seat, and instead embrace the joy of moving as a way of life. Being healthy takes some guts. Not only do you have to exert yourself a little more, but you have to fight the social tide propelling you away from what is best for you. It is worth it for you, and worth fighting for in your community.

## Exercise in daily life

This is where exercise comes in. After a few scary doctor visits where the ramifications of our physical decline are made vividly clear, we buy that gym membership we’ve been meaning to start. Exercise change people’s lives, imagine what your health might look like if these routines were part of your life. What if you biked to work each day, worked at a standing desk, and had a daily walking meeting? Add to this a twice-weekly racquetball game with a friend, a Saturday morning resistance workout, and a Sunday morning hike on a local trail. Without a lot of extra time, you’d see a tremendous increase in overall physical vigour.

Let’s reimagine our daily routine and re-insert human effort to accomplish essential tasks. ***Tribal living made our ancestors unbelievably adaptable, resilient, and physically capable beasts. No one struggled to “stay in shape.” Cronk never met privately with Gru to create a training regimen and carve out a weekly schedule where Gru trained Cronk in exchange for wicker baskets. Life required physical vigor, and that itself made Cronk and Gru strong and healthy.***

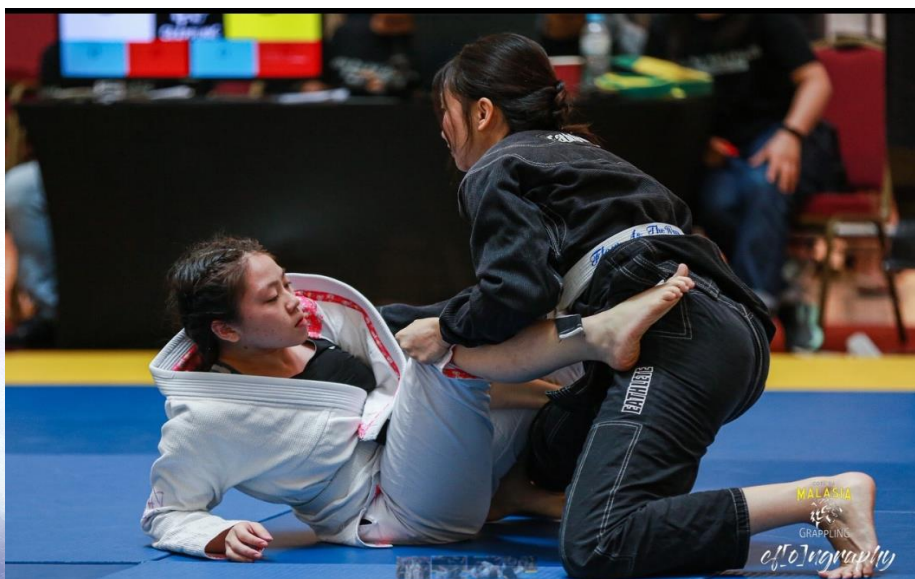


# ACHIEVING THE EXTRAORDINARY

## **Petite but Fearless, Labuan Girl that Defies Stereotypes and Makes A Breakthrough in Male Dominated Sport**

**June Lim (Lim Vun Jiun, Diploma in Physiotherapy Batch 57)** born straight out of Labuan, and standing at just over 5 ft. tall, initially got into sports with the intention of losing weight. During her fitness journey, however, she ended up trying her hand at Brazilian Jiu Jitsu out of curiosity and has been in love with the grappling game ever since. Brazilian Jiu Jitsu is, as of yet, not a household name as far as sports go. The gentle art (as the sport is also known) mainly focuses on grappling, joint locking and submission. Definitely a game-changer in Malaysia sports.

June loves Brazilian Jiu Jitsu with passion and purpose, and relishes being engaged in all aspects of her training. However, she still remains unsure whether her love is for the sport itself or for the positive feedback she has received over the course of her training. Nevertheless, though she may complain about the back pain the next day or injuries that she sustained during trainings, on the whole, she very much appreciates all the hard work that goes into excelling in the sport.





June knows that this male-dominated sport can be very brutal for someone of such petite size and that she could easily be injured. It was for this reason that she decided to pursue her studies in human anatomy and specifically in physiotherapy to ensure that she can train at her best and help her teammates to prevent them from being injured as well. June is currently a proud student under MAHSA University which is renowned for providing the best Medical education in Malaysia.

June has been training hard under one of the best academies in Malaysia – MEBJJA, with World Champion Athletes in IBJJF, Coach Aaron and Damon. June has been an active competitor in Malaysia's Biggest BJJ competition event - Copa Da Malaysia since March 2018. Her latest achievements include securing a gold and a bronze medal from the lightweight division (53kg - 60kg). June's future goal is to get double gold in her weight division during the next competition that will be held on March 2020. She also plans to join overseas international BJJ competitions starting with Copa De Bangkok and Saigon International Jiu Jitsu Championship.





# STUDENT CORNER

## NASAM Stroke Game

*by Wee Win Shen, Bachelor of Physiotherapy (Hons)*

On 19 & 20 October 2019 a total of seven students from the programme of Bachelor of Physiotherapy (Hons) Volunteer to help in NASAM stroke games that held in Stadium Panasonic at Shah Alam Kuala Lumpur. NASAM stroke center's mission was to inform the public that there is life after stroke through proper Rehabilitation and to promote the concept of stroke prevention. The objectives of the event are to improve the quality of care in patients with stroke nationally, to promote knowledge about handling and management of stroke patients and also to promote the value of self-fulfillment and enhance the sense of social belongings.

The Students were assigned with respective task during the stroke games, we are assigned to sort out the medals and trophy, updating the scores and results on the scoreboard, helping the volunteers to set up the games according to the rules. Other than that, we also helped in shifting the stuff from NASAM PJ center to Stadium Panasonic and after the event finished, we help to clean up the stadium and keeping the tools and organized the event stuff neatly.

It was a good experienced posted in NASAM center before stroke games, we get to know the patients and have the opportunity to train them respectively with the games that they are involved. During Stroke games we are able to share the thrilling experience of competition and also the Joy of winning and achievement.



# Fitness Test for the community in Klang – Vocational College Klang

*by Sarah Gan Pei Xin, Bachelor of Physiotherapy (Hons)*

A total of 7 students, 5 from Bachelor of Physiotherapy (Hons); 2 from Master of Physiotherapy respectively carried out a community-based project at the Vocational school in Port Klang on 19<sup>th</sup> October 2019. The Vocational school in Port Klang is a prestigious and noble Institution that gives chances to young adults to receive quality and contemporary education in order to build up creative and innovative individuals.

The objectives of this community project are to assess the health status of individuals in areas of endurance, core strength and flexibility, to promote health education among the community through exercise, to build rapport with the community in Klang Valley as well as to build teamwork among MAHSA students

The students helped in setting up the booth area with posters, exercise mat, step-up boxes, therabands and dumbbells. Before the event started, students also demonstrated and practiced assessing one another in order to ensure the participants' safety during the procedural testing. Each individual was required to complete 3 different stations of testing: Core Strength Test for strength of their abdominals; Functional Reach Test for flexibility; Step-Up Test for endurance.





Besides performing these assessments, students and clinical instructor, Mr Asnawi also gave consultations to the participants regarding their health status, and also educated and gave some home exercise programmes to be completed at home. Rapport was also built in the midst of consultations.

Despite a short day of community work, students were able to learn how to have better teamwork with one another even though a slight language barrier was present at times. However, at the end of the day, we are still one body serving the community.





# Community Service 2019 – Medan Tuanku

*by Theresa Sia Jia Yin, Bachelor of Physiotherapy (Hons)*

Community Service 2019 was organized by MAHSA Association of Physiotherapy Students in collaboration with Kechara Soup Kitchen with the aims to expose students to people who are in less fortunate circumstances, to develop awareness and better understanding in students of the community they are living in and to give a chance for students to exhibit care and concern to the less fortunate.

On October 26th, all volunteers gathered in front of MAHSA University and departed for Kechara Soup Kitchen office at 5.30p.m. in four cars. The students arrived at the soup kitchen at around 6.15p.m. and we went upstairs where we waited for the briefing session to begin. There were also volunteers from INTI University to help out with the distribution activity on that day. During the briefing, the presenter presented a video and some slides allowing us to gain a deeper insight into the situation of homeless people, what we can do to help them, and the logistics behind assisting them.

The briefing session took around one hour, which ended at 7.30p.m., volunteers from MAHSA University were assigned to carry out distribution activity in Medan Tuanku while the INTI team went to Anjung Singgah. All of us went to the kitchen and storage room downstairs to take the food and clothes to be brought to Medan Tuanku. Our team leader from Kechara Soup Kitchen, Mr. David divided 19 of us into the food team, clothing team, registration team, and assigned some of us to look after the gate to welcome the walk-in clients and setting up was done in the respective teams.





After the event, a survey was taken asking the volunteers regarding their thoughts about this community service. They said that through this event, they had a great exposure to the less fortunate people and were happy to have the opportunity to help them. The volunteers hope to have more community service activities organized in the future so that they get to have the chance to help more people.





# Annual Grand Meeting for MAHSA Medical Imaging Student Society (MMISS) 2019/2020

*by MMISS*

On 7<sup>th</sup> November 2019, the MAHSA Medical Imaging Student Society proudly held their Annual Grand Meeting. The main objectives of this event were to elect the new committee members and to welcome the new students from the April and September 2019 intakes.

In the opening, we had the previous president of the MMISS, Nur Qhairinna, say a few words to welcome the new students. It was inspiring to hear Qhairinna encouraging and informing us to become the committee members as it gives numerous benefits in terms of leadership and organizational skills. Shortly thereafter, the new batches were given the opportunity to introduce themselves.

The elections started by choosing the new president and vice president, so several potential candidates were chosen, and votes were cast by all the students and lecturers. Before the voting session, all the candidates were given a chance to introduce themselves and state any strengths they had that would make them uniquely suited to the position they were running for. I was so impressed with all the candidates as they were very professional and determined to take up responsibility.

As the results came in, Darwin and Siti Fatimah were elected as the new President and Vice President, respectively. As the election continued, Praseeta was elected as Secretary, Nur Afiqah Yadiha as Vice Secretary, Muhammad Fauzi as Treasurer and Nur Athirah Hamizah as Vice Treasurer. High hopes were placed on the new committee members that they could organize more exciting events and activities to bring all medical imaging students together. I believe that they will come up with new ways to improve our Medical Imaging Students Society as a whole.





# Capture the Star in You – World Physiotherapy Day 2019

*by Tan Yue Siang, Bachelor of Physiotherapy (Hons)*

To celebrate World Physiotherapy Day, MAPS had decided to organize 'Capture the Star in You - World Physiotherapy Day 2019'. The aim of this event is to spread awareness of sports and physical activity for health and wellness, to spread awareness of physiotherapy, to spread the benefit of exercise to reduce chronic pain, to celebrate World Physiotherapy Day 2019 and to increase the attention of MAHSA students on MAPS Association.

This event is open to every MAHSA students and staffs. The competition requires participants to take pictures of themselves or people doing sports or physical activity. The photos will be sent to MAPS from *9 to 15 September 2019* through WhatsApp, which then will be uploaded on MAPS Instagram. Voting duration is *3 days* from *16 to 18 September 2019* through MAPS Instagram. Voters must follow MAPS Instagram account only consider their vote is valid. Prize will only be given to the first 3 winners who have the most likes by 19 September 2019. Prizes will be given away at the Freshie Party 2019. MAPS had also uploaded pictures and snippets on physiotherapy and information from the World Confederation of Physical Therapy related to chronic pain for the followers to see.

Our event had been done successful. It has over our estimation in participation. Besides that, we succeeded to get students from different faculty to participate this competition. Our Instagram followers has also increased 100% (from 125 followers to 292 followers). We also successfully spread out the information of chronic pain and role of physiotherapist.





# **Physiotherapy Student Scientific Conference – Mind Your Spine and Stability**

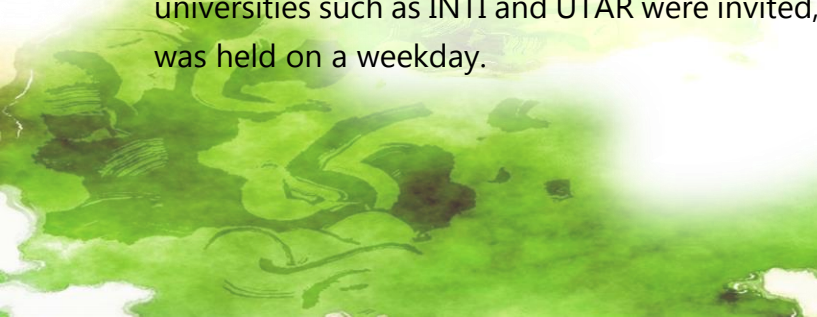
*by MAHSA Association of Physiotherapy Students*

Over the two days of November 12-13, 2019, the organizing committee from the MAHSA Association of Physiotherapy Students (MAPS) brought together practitioners, specialists, professionals, and alumni to provide in-depth insight and have discussions about spine and stability.

This conference, whose theme was "Mind Your Spine and Stability", aimed to facilitate learning and encourage students and professionals in the field to take on an active role in their acquisition of knowledge. It was also intended to generate interest in physiotherapy as well as interdisciplinary management among students. In addition, the conference also aimed to build a sense of camaraderie among physiotherapy students, whilst also spreading awareness of physiotherapy to the public.

The two-day conference was generously sponsored by companies such as UEM Edgenta, BENPhysio, Pilatique, Herculife, ARA, Apple Physio, Angelique, and Movement First. It comprised 10 lectures with each speaker given 30-45 minutes to talk about their topic, 1 keynote lecture which took 1 hour in day 1 and 8 oral presentations from alumni who were given 15 minutes to present about their research paper. There were also question and answer sessions which allowed the participants to clear their doubts about the lectures given. The conference was structured to foster discussion between participants which was achieved by having a panel discussion which lasted for 45 minutes in day 2.

Registration began bright and early on the morning of November 12<sup>th</sup>, 2019. Students we ushered into the hall and quickly filled up all the available seats. So great was the turn out that even the seats in the back of the hall that were reserved for the organising committee had to be taken up by participants. The attendees of the conference were made up of current physiotherapy students from the masters, degree, and diploma programmes, as well as alumni and lecturers from MAHSA University. Unfortunately, although students from other universities such as INTI and UTAR were invited, they were unable to attend as the conference was held on a weekday.





The conference began with the opening ceremony, which featured a creative and remarkably well-shot video starring the organizing committee, which culminated in Deputy Vice Chancellor Prof. Dato' Dr. Ishak bin Abdul Razak activating the LCD backdrop, thus officiating the conference. Opening speeches were then given by DVC Dato' Dr. Ishak, and Assoc. Prof. Chan Sook Chin (Dean of the Faculty of Health and Sports Sciences). This was followed by a spirited performance from the university dance club, CBXT.



With the opening ceremony done and dusted, the participants were dismissed for a brief tea break before the lectures began. The first speaker of the day was our own Assoc. Prof. Chan who gave a rather motivating talk about how to build passion into clinical practice. This was followed by 2 lectures on scoliosis by Dr. Munandy Alagar, and Mr. Vincent Tan with Ms. Lim Hooi Chin.

The second half of the day kicked off with oral presentations by MAHSA students who presented their research to the audience and a panel of judges. The conference then proceeded with a lecture from MAHSA alumnus, Ms. Nanthini Palan who is now a senior physiotherapist and rehab programme instructor trainer at Pilatique. She presented a lecture on how Pilates can improve spine mobility and stability.

Participants then turned their attention back to the topic of scoliosis with a talk by Ms. Leong Vern Chin (Conservative Treatment Advisor at Scoliospine Solutions) on how the condition can be managed with the use of orthotics. Next up was the keynote lecture on physiotherapy in the MOH Pain Free Programme by Dr. Muralitharan Perumal, a consultant at Hospital Tengku Ampuan Rahimah. Day 1 then concluded with a lecture on how hippotherapy could help with spine stability in paediatrics by Dr. Ali Azman B Minhaj, co-founder of Green Apple Hippotherapy.



By 8:30am the next day, the participants were gathered once again in the conference hall for the second day of the conference. Lectures started off with a presentation on chronic back pain by MAHSA Physiotherapy Lecturer, Madam Sonia Dua Dewan. This was followed by the remainder to the oral presentations and a short tea break.

After the break, participants returned for a talk on spinal research by the Head of the Physiotherapy Department, Assoc. Prof. Lourdhuraj Irudhayaraj, which encouraged students to conduct their own research and warned of the common pitfalls that researchers faced when carrying out their studies. Next was a lecture by Mr. Arun Kumar Thirumani Honnurappa who spoke about assessing and treating neck pain successfully. This was followed by a lecture on reducing stress on the body with good ergonomics, which was presented by Mr. Ammar Sam who is an ergonomist at the Human Factors and Ergonomics Society of Malaysia. Ms. Kelly Shu, Vice President of the Malaysian Physiotherapist Association (MPA) then took the stage to share some information on the Student Association of the MPA.

Finally, a panel discussion was held, where speakers were able to answer questions posed by participants as well as by the moderator of the session, Kioh Jun Hui from C7. After 45 minutes of lively discussion, the conference was concluded with the award for the best free paper presentation and a quick word of thanks from the organizing chairperson of the conference, Audree Ramee Jussem.



This student conference, aside from having the highest number of participants in the event's history, also managed to achieve its goal of igniting the fire of passion and interest in physiotherapy for the spine and stability amongst students. The talks given by the highly qualified speakers gave students much to consider and a lot of new information to absorb and reflect on. One can only congratulate the organizing committee and wish them continuing success in their future events.



# Grit and Grace at the MAHSA Association of Physiotherapy Students Annual Dinner

*by Aimee Choon, Bachelor of Physiotherapy (Hons)*

**Grit:** *Courage, resolve, and strength of character. Resilience in the face of adversity*

**Grace:** *Elegance, courteousness and goodwill. To bring honour or credit to someone or something by one's presence.*

On the 13<sup>th</sup> of November 2019, the MAHSA Association of Physiotherapy Students (MAPS) hosted the MAHSA Physiotherapy Department's Annual Dinner at the MTree Hotel in Puchong. The theme of the night was "Grit and Grace: A Masquerade Ball", which encouraged students and lecturers alike to put their best foot forward and dress to reflect either their boldness or their elegance, or even a bit of both.

Students began to arrive at the venue as early as 6pm and proceeded to take pictures together at the photo booth prepared at the entrance of the ballroom. They were then invited to take their seats and help themselves to some refreshments while they waited for the lecturers to arrive so that the dinner could officially get underway. With the arrival of the faculty's dean, Associate Professor Chan Sook Chin, Department Head, Prof. Raj, and some lecturers and clinical instructors, the night's activities could finally kick off with opening speeches by Assoc. Prof. Chan, Prof. Raj, and the organizing chairperson, Aimee Choon. Madam Mahadevi and Madam Sonia had the misfortune of arriving midway through Prof Chan's speech, and as a result, were asked by the dean to perform a dance as a penalty. To the credit of both lecturers, they took this in very good spirit and indulged the audience with a dance each. This delighted the students especially who were unused to seeing their lecturers let loose and bust a move.



*Madam Mahadevi dancing as a penalty for arriving during Prof. Chon's Speech*



Following the speeches and a quick ice-breaking game in which students were asked to guess the number of people in attendance, dinner was served. To the delight of students and lecturers alike, there was a wide variety of delicious food provided in a buffet-style spread, and the hall quieted briefly as everyone savoured their long-awaited meal.

At around 8:20pm, the first round of performances began. These began with a dance performance by the university's resident dance troupe, CBXT, who performed firstly an elegant contemporary dance routine, followed by a power-packed reggaeton routine. These two contrasting routines clearly reflected the dinner's theme: Grit and Grace. The next performance was a song by Erica and Farhan from C11, who performed the song "These Days" by Rudimental, with Erica singing and Farhan on the guitar. Rounding off the first session of performances was Priscilla Lim from C8 who left the attendees in awe of her powerful performance of "All I Ask" by Adele.

Next, it was the participants' turn to get on stage to participate in a Mystery Box game where they stood a chance to win some prizes. This game required contestants to insert their hand into a box which contained hid an object that they had to guess the name of by feeling the shape of it. Among those who took part in this game was the dean, Prof Chan, who made almost made it to the final round of the game but was unfortunately ousted in the semi-finals.



*Prof. Raj participating in the Mystery Box game*

Following the mystery box game was the first round of lucky draws that had 3 lucky winners walking away with hampers and 1 with a shampoo set. The second session of performances then began with a surprise performance by Madam Sonia's daughter (affectionately dubbed over the course of the night as Sonia Junior), who had the crowd cheering her on as she danced to Black Pink's K-Pop hit "Kill This Love". This performance was followed by Priscilla Lim who once again took the stage, this time accompanied by Aimee Choon who sang "A Million Dreams" from the movie The Greatest Showman together. Erica and Farhan then returned to the stage to perform "Memories" by Maroon 5. However, as entertaining as these performances were, nothing could have prepared the audience for the final act in the line-up, which was a dance-off between the lecturers and various members of the organizing

committee. What followed was a dance battle of epic proportions that had the audience cheering, laughing and clapping all the way through. As for which side won, however... Suffice to say, the students can now say they have been schooled by their lecturers in more ways than one.

After the dance-off was concluded, and the crowd had settled back into their seats, it was time for another game. In the second game, attendees were shown fragments of various pictures and were asked to guess who the picture was of. To the amusement of the organizing committee, many people mistook a picture of Dwayne "The Rock" Johnson for our own lecturer, Mr. Arun Kumar!

The game was followed soon after by yet another round of lucky draws where the first three winners were awarded a shampoo set, a hamper, and a cash prize respectively. Meanwhile the final grand prize winner walked away with a voucher for a complementary stay at the MTree Hotel.

Concluding the official programme for the night was the awards ceremony, where the prizes for best lecturer (one from diploma and one from degree), as well as best Clinical instructor, and best dressed male and female were given out. The best lecturer and best clinical instructor awards were voted on by the student about a week prior to the dinner, while the award for best dressed male and female were voted on by the attendees on the night itself. The awards for best diploma and degree lecturers went to Ms. Sharmila and Mr. Nelson respectively, while the Best Clinical Instructor award went to Mr. Banister.



*Chairperson Aimee presenting the award for Best Degree Lecturer to Mr. Nelson*



*Mr. Banister being presented the award for Best Clinical Instructor*



Finally, after all the awards were given out and the MCs concluded the nights proceedings, the lights were dimmed and the music turned up so that the dinner's attendees could get up and dance the night away... or, more accurately, dance away the 1 hour or so remaining that the ballroom would be open. All in all, the dinner was a great success that blended both the careful planning of the highly competent organizing committee with just the right amount of spontaneity from all in attendance.



*The lecturers and CIs making full use of the props at the photobooth*



# Community Work Project – Farm In The City

*by Mah Kai Xuan, Diploma in Physiotherapy*

On 29 November to 3 December 2019, a total of three students from the Diploma in Physiotherapy programme: Mah Kai Xuan, Averil Sim and Tan Chang Yang, volunteered to help at a mini zoo, Farm In The city, Seri Kembangan. Farm in the City actively promotes wildlife and environmental education through its programmes that are carefully designed for local and overseas student groups. Educational and informational worksheets are also distributed to visitors to further enrich their knowledge after their visits.

The objectives of this project were to promote the understanding of the concept to serving others, to improve the students' communication skills, responsibility and to prepare them to serve others, to promote the value of self-fulfillment and enhance the sense of social belonging and to instil humility in students as they give their services to others and develop their soft skills.

Farm in The City has a total of eight stations prepared for the student volunteers. Those stations are:

- i. Turtle and Tortoise Farm
- ii. Reptile Cavern
- iii. Bird Aviary
- iv. Savannah
- v. Pet Village and Longkang Fishing
- vi. Jungle Walk
- vii. Twilight Creatures
- viii. Exhibition Hall

The Students were assigned with respective tasks to carry out on the day. They were assigned to clean up the living area of the animals in and around every station, as well as prepare and distribute the feed to the visitors for them to feed to the animals. Other than that, the students also helped in monitoring and supervising the visitors in feeding and handling the animals there whilst also providing some educational information to prevent injury and accidents. Ensuring that the area is clean and constantly making sure to clean up the animal excrement in each and every station was also one of the tasks.



It was a good experience volunteering at Farm in the City, Seri Kembangan. We have gained adequate knowledge and experience in handling animals as well as how to handle difficult situations such as building the visitor's trust towards the safety of the animals. Through this experience we learned that the conservation of natural habitats will also be beneficial for humans since it helps keep the essential watersheds intact and ensures clean, fresh water. Animals should be protected and taken care of as they are also living creatures like us. Most importantly though, this experience taught us to serve others with humility and selflessness. These are lessons that we will surely carry over into our practice in the future.



*The student volunteers and the Farm In The City staff*



# INTI Physio Camp at Tadom Hill

*by Aimee Choon, Bachelor of Physiotherapy (Hons)*

From the 15<sup>th</sup> to the 17<sup>th</sup> of December 2019, physiotherapy students from MAHSA and INTI came together to take part in the inaugural INTI Physio Camp, organized by the INTI Physio Club.

The camp took place in the scenic Tadom Hill Resorts in Banting. Shortly after arriving, students were sorted into teams based on different parts of the skeletal system. Teams included Skull, Spine, Humerus and Pelvis. Each team comprised a mix of both MAHSA and INTI students who would need to work together to perform tasks and challenges throughout the subsequent 2 days. Each team was given materials to create a flag for their group and were asked to come up with a slogan.

The camp began in earnest after lunch on the first day with station games. Each team was given a different sequence of stations to visit where they would have to complete a different challenge at each station. These challenges ranged from the absurd to the physically demanding and required a great deal of teamwork and communication to complete. Upon completion of each challenge, teams would be rewarded with "Physio Dollars" (different coloured zip ties representing different values of currency) which could be used to buy advantages in other tasks. As each team struggled through the stations, they learned the strengths of each of their teammates and friendships were quickly formed among the students of MAHSA and INTI.

After dinner and a much-needed shower, the campers gathered once more for a "fashion show". Teams were tasked with designing and making Christmas-themed costumes for one male and one female member of each team. The materials provided to complete this challenge included a modest supply of newspaper, scissors, and some cellophane tape. However, teams who had won physio dollars in the previous challenges could use this currency to buy additional materials such as paint, twine, coloured paper, etc. Each team set to work brainstorming ideas and working out how to make the most of their limited resources, and after about an hour of hard work, the costumes were finally complete. The models from each team then proceeded to put on a fashion show for their fellow campers. Some models strutted their stuff like professionals down the catwalk, while others chose to regale the crowd



with lip syncing and hilarious antics. At the end of the night, the organizing committee of the camp then came together and rewarded the teams with the best catwalk, best costume and cleanest workstation. Once again, the winning teams were awarded physio dollars.



The next day had teams competing in a convoluted treasure hunt that would put their teamwork, problem solving skills, and even some of their knowledge of anatomy to the test. The hunt, which spanned from just after breakfast to about 3pm, had campers searching high and low for clues which were scattered all over the Tadam Hill Resorts compound. Teammates had to work together to solve the puzzles presented by each clue and complete challenges put forward by various members of the organising committee. After completing the treasure hunt, campers were given a few hours during which they could jump in the lake, play volleyball or table tennis, or just relax in the dormitory before dinner time.

Dinner on the second day was a barbeque, where teams were each given a ration of food to cook for themselves. As with previous activities, additional supplies were available to be bought using the physio dollars that each team had achieved, and teams were told that this would be their last chance to use their physio dollars.

After dinner, campers gathered around a campfire and did a campfire dance that had been taught to them earlier in the day. There was a cacophony of laughter, shouts and flailing limbs as campers attempted to recall the steps and were ultimately rewarded for their valiant efforts with marshmallows that they could roast over the campfire.

Finally, after a group sharing session where students expressed their thoughts on the experience of the past 2 days, campers were dismissed for the night to sleep or to continue to socialize as they pleased. Some campers even stayed up playing cards and chatting into the wee hours of the morning.

The final morning of the camp had campers up at the crack of dawn for a brisk morning walk up Tadam Hill overlooking the Resort, and then to the crystal pools whose glass-clear water certainly lived up to their name. Then after breakfast and a short period of leisure time, campers reluctantly returned to their dormitories, packed their bags, and gathered for the last time for a prizegiving ceremony and their final lunch together.

By about 1.30pm, campers were bidding each other a bittersweet goodbye as they began to depart from Tadam Hill Resorts, having forged friendships that they would hopefully continue to cultivate even after the conclusion of the camp. It can certainly be said that the INTI Physio Camp was a great success as it more than surpassed its goal of bringing the physio students of MAHSA and INTI together! I'm sure that students from both universities are looking forward to the next INTI Physio Camp already.

